Sherpa Nomad Trek
Thamel Marg, Kathmandu, Nepal
Tel: +977-9851433082 | Email: info@sherpanomadtrek.com

Tamang Heritage Trek - 10 Days

TAMANG HERITAGE TREK OVERVIEW

The Tamang Heritage trek is a renowned trekking route located in Nepal's Langtang National Park, celebrated for its rich Tamang culture, breathtaking mountain vistas, and the traditional lifestyle of the indigenous Tamang people. This trek offers stunning views of the Langtang, Ganesh Himal, and Manaslu regions. The Tamang villages, their way of life, and the practice of shamanism, combined with the picturesque landscape, create a comprehensive trekking experience in the Langtang area. It is a moderately challenging trek, making it suitable for both beginners and experienced trekkers, though a reasonable level of fitness is required. The 10-day Tamang Heritage trek allows for exploration of the villages, mountains, flora, and fauna in a flexible and comfortable manner. Book the Tamang Heritage trek to immerse yourself in the profound cultural and natural wealth, along with exceptional hospitality. This trek is often overlooked among Nepal's trekking routes. Enjoy specialized guidance and a well-crafted package with the local expert, Sherpa Nomad Trek Pvt. Ltd., and secure your dream adventure with the right team. This package is ideal for indulging in this trek.

TAMANG HERITAGE TREK COST

The Tamang Heritage Trek costs start at $500 and can range up to $ 1,500 per person, depending on factors such as group size, package Service, duration, and other variables. Sherpa Nomad Trek Pvt. Ltd is recognized as the premier local company for trekking and expedition services in Nepal, ensuring you receive the best value for exceptional service. Our packages offer maximum flexibility, are well-crafted, and include comfortable and safe transportation, professional guides, a support team, mountain meals, accommodations in 4-star hotels in urban areas, and the finest options in the mountains, along with all necessary permits and services as outlined in the included and excluded sections. Our 10-day luxury Tamang Heritage Trek package starts at $800 and may

increase to $900 depending on the group size. Here is the cost breakdown according to group size.

- If you wish to undertake the Tamang Heritage Trek solo, the cost will be $900.
- For groups of 2-6 participants, the cost is $850 per person.
- For groups of 7-10 participants, the cost is $800 per person.

HIGHLIGHTS OF THE TAMANG HERITAGE TREK

- Discover the indigenous Tamang villages and immerse yourself in their culture, history, and lifestyle.
- Explore the amazing variety of nature that encompasses both plant and animal life.
- Discover the historic villages of Gatlang, Briddim, Thuman, and Tatopani.
- Experience the traditional lifestyle and the practice of samanishm.
- Are you searching for a winter trek in Nepal? The Tamang Heritage trek is a great option to consider.
- The most scenic and enjoyable short trek in Nepal that can be completed in 5 to 10 days.
- An excellent spot for novice and seasoned hikers alike
- The Tamang Heritage Trek is less concerned about Acute Mountain Sickness (AMS) because of its lower elevation.
- Immerse yourself in the hot spring located in Tatopani village.
- Parvati Kunda, the sacred lake, and Nagthali Viewpoint to witness the himalayan ranges.

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DETAILED ITINERARY

Day 1: **Arrival in Kathmandu (1350m): Transfer to Hotel**

Day 2: **Preparation Day in Kathmandu**

Day 3: **Kathmandu to Syabrubesi (1500m): 122km, 5-6 hours' drive**

Day 4: **Trek from Syabrubeshi to Gatlang Village (2238m): 5-6 hours**

Day 5: **Trek from Gatlang to Tatopani (2607m): 5-6 hours**

Day 6: **Trek from Tatopani to Thuman (2338m) via Nangthali Bhyang (3165m): 5-6 hours**

Day 7: **Trek from Thuman to Bridim (2229m): 5-6 hours**

Day 8: **Trek from Bridim to syabrubeshi (1460m): 5-6 hours**

Day 9: **Trek from Syabrubeshi to Kathmandu (1350m): 122km, 5-6 hours**

Day 10: **Departure**

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PRICE INCLUDES

- International Airport Pick-up and Drop-off
- 3 Nights Deluxe Hotel in Kathmandu, Ramada Encore
- 6 nights Mountain Accommodation in the best Lodge during the Trek
- Mountain meals (Breakfast, Lunch, & Dinner)
- 3 Cups of Tea or coffee every day in the Mountain
- Organic Fresh Fruit, Nuts, Energy Bar every Day in the Mountain
- A professional, ethical English-Speaking Guide certified by the Nepal Government
- A porter will be provided for the 2 trekkers, max weight 18 to 20 kg in total
- All the required permits and formalities
- Kathmandu to Syabrubesi by comfortable private Jeep
- After the trip is complete, you will be back in Kathmandu by Private Jeep
- First Aid service and all the required equipment.
- Trekking gears such as a map, a duffel bag, & a sleeping bag
- Government Tax and official Fees.
- Guide and Porter's Salary, Meals, Insurance, Trekking Gears, and Accommodation
- Farewell Dinner after the trip is completed in Kathmandu
- Baggage storage facility
- Wifi, Hot Shower, Battery charge in the Mountain

PRICE EXCLUDES

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- Nepal Visa Fees (USD 30 for 15 Days, USD 50 for 30 days, USD 125 for 90 Days) - You can obtain an on-arrival visa at Kathmandu Airport.
- International Flight fare
- Travel insurance for clients is recommended for safety purposes
- Lunch and Dinner in Kathmandu
- Extra drinks (Drinking Water, Hot, cold, and hard Drinks)
- Extra days accommodation and activities
- Chitwan Safari Tour: 2nights/3 Days: USD180 per person
- Everest Flight Tour: 2-3 hours: 220$ per person
- Kathmandu sightseeing: 6-7 hours: USD80 per person
- Tips for Guide, Porter, and Diver
- Personal expenses
- Extra Day in Mountain: USD 60 per person per day
- Extra night in Kathmandu: 90$ for a single Room and 110$ for a double/ Twin Room

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EQUIPMENT & GEAR

Backpack

- 20–30 L daypack and Rain cover
- Dry bags or zip-lock bags for electronics and clothes

Clothing

- 2–3 moisture-wicking T-shirts
- 1–2 long-sleeve hiking shirts
- 2 pairs of trekking pants
- Thermal top and bottom (for cold mornings/nights)
- Fleece jacket & Lightweight down jacket
- Waterproof and windproof jacket
- Waterproof pants (especially during the monsoon)
- 2–3 pairs of quick-dry underwear
- 2–3 pairs of trekking socks
- Warm sleeping socks

Footwear

- Broken-in waterproof trekking boots
- Lightweight sandals or camp shoes
- Optional gaiters (rainy or snowy season)

Head & Hands

- Sun hat or cap, & Warm beanie

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- Buff or neck gaiter & Lightweight gloves

Sun Protection

- UV-protection sunglasses
- Sunscreen (SPF 30+)
- Lip balm with SPF

Sleeping

- Sleeping bag (-1°C to -15°C is sufficient for most seasons; many teahouses provide blankets)
- Sleeping bag liner (optional)

Water & Food

- Reusable water bottles (1.5–2 L total)/ Tharmas
- Water purification tablets or a filter
- Energy bars, nuts, or trail snacks

First Aid & Toiletries

- Personal medications, Blister treatment (e.g., Compeed or moleskin)
- Pain reliever, Bandages, and antiseptic wipes
- Toothbrush and toothpaste, Hand sanitizer
- Wet wipes, Quick-dry towel & toilet paper

Electronics

- Headlamp with spare batteries
- Power bank (10,000–20,000 mAh)
- Phone charger & Camera (optional)

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Trekking Accessories

- Trekking poles (highly recommended for the long stair sections)
- Pocket knife (optional)
- Notebook or guidebook (optional)

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